



1st Annual ~ Exeter High School EHS Kick'n Into Gear Road & Trail 5K Saturday, September 6, 2008 ~ 8:30am START

Presented By: EHS Boys Soccer Boosters Club (All Proceeds to Benefit EHS Boys Soccer Boosters Club)

Become Part of Classic 5K Race ~ EHS, 1 Blue Hawk Drive, Exeter, NH 03833 ~ "Home of the Blue Hawks"

COURSE: Start loops around EHS, out emergency exit onto Old Town Farm Road, Route 27, Blue Hawk Drive, cross front playing field, enter XC trail, exit XC trail rear of Stadium, enter back entrance of track for final 400m lap to the finish line.

CHECK IN: Exeter High School Track
1 Blue Hawk Dr., Exeter, NH ~ 7:00am to 8:00am

FACILITIES: Bathrooms located in EHS Stadium.
No changing facilities.

T-SHIRTS: First 150 Registered Runners

WATER STATIONS: Mile 1 & Mile 2

NOTE: A portion (1 mile) of this classic 5K loop will be run on grass, marked XC trails & track. Please use caution when entering the trails and crossing foot bridges along the course. Due to the nature of this terrain, NO strollers or MP3 players will be allowed.

Checks Payable & Mail To: EHS Boys Soccer Boosters, c/o Treasurer, 1 Blue Hawk Drive, Exeter, NH 03833

Questions/Contact: Lisa Rohr, Race Director ~ rohr.runraceski@gmail.com ~ Phone 603-775-7202

Exeter High School Athletics: <http://technology.sau16.org/ehsathletics/>

ONLINE REGISTRATION AVAILABLE: <http://www.RunReg.com/events/register.asp?eventid=1765>

-----cut here-----

In consideration of this entry accepted, I hereby for myself, my heirs, executors, administrators, waive and release any and all rights and claims for damages that I may have against the organization holding this race and the Town of Stratham for any and all injuries suffered by me in this race. I attest and certify that I am physically fit and have trained sufficiently for competition in long distance road races.

NAME: _____ Male / Female (circle one) **AGE:** _____

ADDRESS: _____ **Shirt Size** SM MED LG XLG (circle one)

EHS STUDENT: YES / NO (circle one)

EHS COACH/STAFF/FACULTY: YES / NO (circle one)

Signature x _____ (Parent's Signature if Under 18)

EHS TEAM CHALLENGE: Scoring proportionate to team size & # of participants ~ More team runners = Best chance to win!

* If you are unsure of team placement when submitting this application, simply circle the "sport category" and we will confirm & adjust on race day.

Boys Soccer: Freshman / JV Blue / JV White / Varsity (circle one)

Girls Soccer: Freshman / JV Blue / JV White / Varsity (circle one)

Cross Country: Boys / Girls (circle one)

Volleyball: Junior Varsity / Varsity (circle one)

Field Hockey: Freshman / Junior Varsity / Varsity (circle one)

Football: Freshman / Junior Varsity / Varsity (circle one)

Other EHS Team: _____

Checks Payable & Mail to: EHS Boys Soccer Boosters, c/o Treasurer, 1 Blue Hawk Drive, Exeter, NH 03833